



Rural Alaska Healthy Menus



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Introduction

Rural Alaska Healthy Menus meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The menus are different than many resources developed and distributed in that they are designed to meet the unique needs in rural Alaska. These menus:

- Highlight recipes using local and traditional Alaska foods
- Make full use of USDA Foods commonly received in Alaska
- Limit fresh produce which can be cost prohibitive in many rural Alaskan communities in the winter months

The lunch menus are a 4-week cycle menu and the breakfast is a 2-week cycle menu. There are many benefits to cycle menus at school districts of all sizes:

Cycle menus save time and labor costs.

- Cycle menus save time in gathering information, planning menus, developing specifications, and costing.
- Purchasing procedures are standardized and take less time.
- As menu items are repeated, staff members become more familiar with the recipes and more efficient in producing them.

Cycle menus can help control food costs.

- It is easier to project the correct amount of product to purchase when you have a history of previous production records.
- Cycle menus make it easier to buy regularly used items in bulk.
- Cycle menus can take advantage of seasonal foods.

Cycle menus reduce storage costs.

- Since cycle menus help project the right amount of product to purchase, they help keep inventory at appropriate levels.

Cycle menus reduce food waste.

- As menus are prepared repeatedly, it is easier to project how much of each menu item you will need to make.

Standardized Recipes

The menu provided uses both standardized recipes as well as USDA Foods. United States Department of Agriculture (USDA) defines a standardized recipe as one that “has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients”.

Using standardized recipes provides many benefits to school nutrition including:

- Consistent food quality—ensures that menu items will be consistent in quality each time they are prepared and served.
- Predictable yield—the planned number of servings will be produced by using standardized recipes. This can help to reduce the amount of leftover food and help to prevent shortages of servings on the line.
- Consistent nutrient content—ensure that nutritional values per serving are valid and consistent.
- Food cost control—provide consistent and accurate information for food cost control because the same ingredients and quantities of ingredients per serving are used each time the recipe is produced.
- Efficient purchasing procedures—purchasing is more efficient because the quantity of food needed for production is easily calculated from the information on each standardized recipe.
- Inventory control—standardized recipes provide predictable information on the quantity of food inventory that will be used each time the recipe is produced.
- Labor cost control—standardized procedures make efficient use of labor time and allow for planned scheduling of foodservice personnel for the work day. Training costs are reduced because new employees are provided specific instructions for preparation in each recipe.

- Increased employee confidence—Employees feel more satisfied and confident in their jobs because standardized recipes eliminate guesswork, decrease the chances of producing poor food products, and prevent shortages of servings during meal service.
- Reduced record keeping—standardized recipes reduce the amount of information required on a daily food production record. The recipes will include the ingredients and amounts of food used for a menu item. The food production record will only need to reference the recipe, number of planned servings, and leftover amounts.

Offer versus Serve

Offer versus Serve allows students to decline a portion of the meal so long as the meal still meets USDA requirements:

Breakfast: a student must take at least three of the four food items offered. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion and must include at least ½ cup serving of fruit or vegetable.

Lunch: a student must take at least three of the five food items offered. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion and must include at least ½ cup serving of fruit or vegetable.

How to Use this Resource

This resource includes a 2-week cycle menu for breakfast and 4-week cycle menu for lunch. While substitutions can be made, it is the responsibility of the food service director to ensure that the changes still meet the USDA requirements for menu compliance including nutrient standards. Because the nutritional requirements are different by age/grade groups, the portion sizes do change. The production records provide detail on the portions to be served by grade.

Manual Resources: The individual production records for this resource can be reprinted for those completing the forms by hand and are all also available in excel format with auto-functions. Please contact Child Nutrition Programs for this version. Also available in excel format is the Menu Certification Worksheets completed for all weeks. These forms can help to determine if changes to the menu are in compliance with the USDA requirements.

Online Resources: The menus have been entered into the PrimeroEdge software system which all Alaska School Food Authorities (SFA) have access to. The cycle menus can be accepted as written and production records, nutrient analysis, and other supporting documentation will automatically be generated. Substitutions to the menu will require that the menus be copied to the local level and then edited. For more information on this process, please see Amigo in the PrimeroEdge software package or contact the PrimeroEdge Help Desk at 866-442-6030 or CustomerCare@primeroedge.com.

Nutrition Standards and Meal Pattern Requirements

	Breakfast			Lunch		
Grades	K-5	6-8	9-12	K-5	6-8	9-12
Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Meat/Meat Alternate (oz eq)	0	0	0	8-9 (1)	9-10 (1)	10-12 (2)
Whole Grain/Rich (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Fruit (cups)	5 (1)	5 (1)	5 (1)	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetable (cups)	0	0	0	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Dark Green				½	½	½
Red/Orange				¾	¾	1 ¼
Legumes				½	½	½
Starchy				½	½	½
Other				½	½	¾
Additional				1	1	1 ½
Calories	350-500	400-600	450-600	550-650	600-700	750-850
Sodium	≤430	≤470	≤500	≤640	≤710	≤740
Saturated fat weekly limit < of total calories						
Trans-fat < 0.5 grams per serving (excluding naturally occurring trans-fat)						

Breakfast 2-week Cycle At-A-Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bagel and Cream Cheese, Canned Peaches, Milk	Blueberry Oat Muffins, Canned Pears, Milk	French Toast Sticks, Applesauce, Milk	Oatmeal, Raisins, Orange Juice, Milk	Breakfast Burrito, Strawberry Cup, Milk
Week 2	Honey Nut Cheerios, Mixed Fruit, Milk, Orange Juice	Breakfast Pita, Strawberry Cup, Milk	Carrot Muffins, Canned Peaches, Milk	Whole Grain Baking Powder Biscuit with Jelly and Butter, Canned Pears, Milk	Pancakes, Syrup and Butter, Applesauce, Milk

Breakfast Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel and Cream Cheese, Canned Peaches, Milk	Blueberry Oat Muffins, Canned Pears, Milk	French Toast Sticks, Applesauce, Milk	Oatmeal, Raisins, Orange Juice, Milk	Breakfast Burrito, Strawberry Cup, Milk
Weekly Nutritional Averages				
Grades		K–12		
Calories		461		
% of Total Calories from Sat Fat		5.86%		
Sodium (mg)		420		

Breakfast Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Honey Nut Cheerios, Mixed Fruit, Milk, Orange Juice	Breakfast Pita, Strawberry Cup, Milk	Carrot Muffins, Canned Peaches, Milk	Whole Grain Baking Powder Biscuit with Jelly and Butter, Canned Pears, Milk	Pancakes, Syrup and Butter, Applesauce, Milk
Weekly Nutritional Averages				
Grades		K–12		
Calories		463.5		
% of Total Calories from Sat Fat		8.83%		
Sodium (mg)		479		

USDA Food

Milk	Orange Juice
Peaches (canned)	Strawberry Cup
Pears (canned)	French Toast Sticks
Applesauce	

Recipes (See Appendix)

Blueberry Oat Muffins
Oatmeal
Breakfast Burrito

USDA Food

Milk	Peaches (canned)
Mixed Fruit (canned)	Pears (canned)
Orange Juice	Applesauce
Strawberry Cup	

Recipes (See Appendix)

Breakfast Pita	Whole Grain Baking
Carrot Muffins	Powder Biscuit
Pancakes	

Lunches

4-week Cycle

At-a-Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tuna Fish Sandwich, Potato Wedges, Canned Peaches, Milk	Chicken Fajita with Cheddar Cheese, Rocking Red Beans, Spanish Brown Rice, Salsa, Mixed Fruit, Milk	Beef Stroganoff with Brown Rice or Noodles, Pizza Green Beans, Strawberry Cup, Milk	Baked Halibut, Broccoli, Brown Rice, Canned Pears, Milk	Spaghetti and Meat Sauce, Mixed Vegetables, Apple Sauce, Milk
Week 2	Sweet and Sassy Chicken, Broccoli, Brown Rice, Strawberry Cup, Milk	Sloppy Joes with Baked Beans, Canned Peaches, Milk	Sweet and Sour Fish Sticks, Corn, Brown Rice, Canned Pears, Milk	Mac n' Cheese with Broccoli, Carrots, Mixed Fruit, Milk	Whole Grain Cheese Pizza, Pizza Green Beans, Applesauce, Milk
Week 3	Meatloaf, Crushed Hot Potatoes*, Biscuit, Applesauce, Milk	Baked Halibut, Broccoli, Brown Rice, Canned Pears, Milk	Chicken Fajita with Cheddar Cheese, Rocking Red Beans, Spanish Brown Rice, Salsa (9-12), Mixed Fruit, Milk	Barbequed Chicken, Sweet Potato Fries, Cornbread, Canned Peaches, Milk	Spaghetti and Meat Sauce, Mixed Vegetables, Strawberry Cup, Milk
Week 4	Sloppy Joes with Baked Beans, Canned Peaches, Milk	Mac n' Cheese with Broccoli, Carrots, Mixed Fruit, Milk	Oven Fried Chicken, Biscuit, Broccoli, Strawberry Cup, Milk	Sweet and Sour Fish Sticks, Corn, Brown Rice, Canned Pears, Milk	Whole Grain Cheese Pizza, Pizza Green Beans, Applesauce, Milk

Lunch Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Fish Sandwich, Garlicky Baked Fries, Canned Peaches, Milk	Chicken Fajita Strips with Cheddar Cheese, Tortilla, Rocking Red Beans, Spanish Brown Rice, Salsa (9-12), Mixed Fruit, Milk	Beef Stroganoff with Brown Rice or Noodles, Pizza Green Beans, Strawberry Cup, Milk	Baked Halibut, Broccoli, Brown Rice, Canned Pears, Milk	Spaghetti and Meat Sauce, Mixed Vegetables, Apple Sauce, Milk
Weekly Nutritional Averages				
Grades	K-8		9-12	
Calories	623		833	
% of Total Calories from Sat Fat	5.38%		5.64%	
Sodium (mg)	765		890	

USDA Food	
USDA Direct	
Milk	Brown Rice
Peaches (canned)	Chicken Fajita Strips
Mixed Fruit (canned)	Applesauce
Strawberry Cup	Cheddar Cheese
Pears (canned)	Spaghetti
Green Beans	Tortillas
Broccoli	

Recipes (See Appendix)	
Tuna Fish Sandwich	Beef Stroganoff
Garlicky Baked Fries	Pizza Green Beans
Rocking Red Beans	Baked Halibut
Spanish Brown Rice	Brown Rice
Salsa	Spaghetti and Meat Sauce

Lunch Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and Sassy Chicken, Broccoli, Brown Rice, Strawberry Cup, Milk	Sloppy Joes on a Bun with Baked Beans, Canned Peaches, Milk	Sweet and Sour Fish Sticks, Corn, Brown Rice, Canned Pears, Milk	Mac n' Cheese with Broccoli, Carrots, Mixed Fruit, Milk	Whole Grain Cheese Pizza, Pizza Green Beans, Applesauce, Milk
Weekly Nutritional Averages				
Grades	K-8		9-12	
Calories	607		792	
% of Total Calories from Sat Fat	7.6%		6.8%	
Sodium (mg)	727		849	

USDA Food	
Milk	Brown Rice
Applesauce	Corn
Strawberry Cup	Broccoli
Peaches (canned)	Green Beans
Pears (canned)	Whole Grain Cheese Pizza
Mixed Fruit (canned)	

Recipes (See Appendix)	
Sweet & Sassy Chicken	Sweet and Sour Fish Sticks
Brown Rice	Mac n' Cheese w/Broccoli
Sloppy Joes on a Bun	Pizza Green Beans
Baked Beans	

Lunch Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf, Crushed Hot Potatoes, Biscuit, Applesauce, Milk	Baked Halibut, Broccoli, Brown Rice, Canned Pears, Milk	Chicken Fajita Strips with Cheddar Cheese, Tortilla Rocking Red Beans, Spanish Brown Rice, Salsa (9-12), Mixed Fruit, Milk	Barbequed Chicken, Cornbread, Sweet Potato Fries, Canned Peaches, Milk	Spaghetti and Meat Sauce, Mixed Vegetables, Strawberry Cup, Milk
Weekly Nutritional Averages				
Grades	K-8		9-12	
Calories	644		827	
% of Total Calories from Sat Fat	6.45%		6.24%	
Sodium (mg)	835		978	

USDA Food	
Milk	Brown Rice
Applesauce	Chicken Fajita Strips
Pears (canned)	Cheddar Cheese
Mixed Fruit (canned)	Spaghetti
Peaches (canned)	Tortilla
Strawberry Cup	Sweet Potato Fries

Recipes (See Appendix)	
Meatloaf	Spanish Brown Rice
Crushed Hot Potatoes	Salsa
Biscuit	Barbequed Chicken
Baked Halibut	Cornbread
Brown Rice	Spaghetti and Meat
Rocking Red Beans	Sauce

Lunch Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joes on a Bun with Baked Beans, Canned Peaches, Milk	Mac n' Cheese with Broccoli, Carrots, Mixed Fruit, Milk	Oven Fried Chicken, Biscuit, Broccoli, Strawberry Cup, Milk	Sweet and Sour Fish Sticks, Brown Rice, Corn, Canned Peaches, Milk	Whole Grain Cheese Pizza, Pizza Green Beans, Applesauce, Milk
Weekly Nutritional Averages				
Grades	K-8		9-12	
Calories	626		777	
% of Total Calories from Sat Fat	8.39%		7.59%	
Sodium (mg)	753		868	

USDA Food	
Milk	Applesauce
Peaches (canned)	Broccoli
Mixed Fruit (canned)	Corn
Strawberry Cup	Green Beans
Pears (canned)	Whole Grain Cheese Pizza

Recipes (See Appendix)	
Sloppy Joes on a Bun	Sweet and Sour
Baked Beans	Fish Sticks
Mac n' Cheese with Broccoli	Brown Rice
Oven Fried Chicken	Pizza Green Beans
Biscuit	

Food Based Production Records

Breakfast Sample

Food Based Production Record - Breakfast Week 1 Day 1											
Menu		Site:				Number of Meals					
Bagel (2 oz portion)		Date:				Planned		Served			
Peaches		Grades Served: K-12				Student Meals		50 45			
Cream Cheese		Unusual Event:				Adult Meals					
Milk		Signature:				A la Carte Meals					
						Total Meals		50 45			
PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
								0			
Fruit/Vegetable											
Canned Peaches		1	10	1	20	1	20	50	cup	45	5
Bread/Grain											
White Whole Grain Bagel		2	10	2	20	1	10			45	5
2 Milk Choices											
Milk, Choc FF		1	5	1	10	1	10	25		20	5
Milk, UHT 1 %		1	5	1	10	1	10	25		20	5
Extras/Condiments											
Cream Cheese Packet		1	10	1	20	1	20	50		45	5
Weekly Serving Requirements (5-Day Week)											
Fruit/Vegetable		5 cups		5 cups		5 cups					
Bread/Grains		7-10 ounces		8-10 ounces		9-10 ounces					
Milk*		5 cups		5 cups		5 cups					
Acceptable Milk Choices*											
1% Unflavored											
Non-Fat Unflavored											
Non-Fat Flavored											
Non-Fat Powdered											

Lunch Sample

Food Based Production Record - Example											
Menu		Site:				Number of Meals					
Tuna Fish Sandwich		Date:				Planned		Served			
Potato Wedges		Grades Served: K-12				Student Meals		100 90			
Canned Peaches		Unusual Event:				Adult Meals					
Milk		Signature:				A la Carte Meals					
						Total Meals		100 90			
PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Tuna Fish Sandwich		1	25	1	25	1	50	100	1 sandwich	100	10
Fruit											
Canned Peaches		1/2	25	1/2	25	1	50	75	cup	75	5
Vegetable											
Starchy	Potato	3/4	25	3/4	25	1	50	87 1/2	cup	87.5	5
Bread/Grain											
(Sandwich bread)								0			
2 Milk Choices											
Milk Choc, FF		1	15	1	15	1	25	55		55	5
Milk, UHT 1 %		1	10	1	10	1	25	45		45	5
Extras/Condiments											
Weekly Serving Requirements (5-Day Week)											
Fruit		2 1/2 cups		2 1/2 cups		5 cups					
Vegetables		3 1/2 cups		3 1/2 cups		5 cups					
Dark Green		1/2 cup		1/2 cup		1 1/2 cups					
Red/Orange		1/2 cup		1/2 cup		1 1/2 cups					
Beans/Peas (Legumes)		1/2 cup		1/2 cup		1 1/2 cups					
Starchy		1/2 cup		1/2 cup		1 1/2 cups					
Other		1/2 cup		1/2 cup		1 1/2 cups					
Additional Vegetables to Reach Total		1 cup		1 cup		1 1/2 cups					
Grains		8-9 ounces		8-10 ounces		10-12 ounces					
Meat/Meat Alternates		8-10 ounces		9-10 ounces		10-12 ounces					
Milk*		5 cups		5 cups		5 cups					
Acceptable Milk Choices*											
1% Unflavored											
Non-Fat Unflavored											
Non-Fat Flavored											
Non-Fat Powdered											

Food Based Production Record - Breakfast Week 1 Day 1											
Menu		Site:				Number of Meals					
Bagel (2 oz portion)		Date:		Grades Served:		K-12		Planned Served			
Peaches		Unusual Event:				Student Meals					
Cream Cheese						Adult Meals					
Milk		Signature:				A la Carte Meals					
						Total Meals		0 0			
PLANNING SECTION											
Item A	Item B	Item C		Item D		Item E		Item F	Item G	DAY OF SERVICE SECTION	
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Canned Peaches	100219	1		1		1		0	cup		
								0			
Bread/Grain											
White Whole Grain Bagel	Lenders	1		1		1		0	57 grams		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
Cream Cheese Packet	Philadelph	1		1		1		0	28 gram packet		
								0			
Weekly Serving Requirements (5-Day Week)											
Fruit/Vegetable		Grades K-5		Grades 6-8		Grades 9-12					
		5 cups		5 cups		5 cups					
Bread/Grains		7-10 ounces		8-10 ounces		9-10 ounces					
Milk*		5 cups		5 cups		5 cups					
Acceptable Milk Choices*											
1% Unflavored											
Non-Fat Unflavored											
Non-Fat Flavored											
Non-Fat Powdered											


**Food Based
Production Record**

**Breakfast
Week 1
Day 1**

**Breakfast
Week 1
Day 2**

Food Based Production Record - Breakfast Week 1 Day 2

Menu	Site:	Number of Meals	
Blueberry Oat Muffins (1 oz portion)	Date:	Grades Served:	K-12
Canned Pears	Unusual Event:		Student Meals
Butter			Adult Meals
Milk	Signature:		A la Carte Meals
			Total Meals
			0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Canned Pears	USDA	1		1		1		0	cup		
								0			
Bread/Grain											
Blueberry Oat Muffins	Recipe	1		1		1		0	1 oz portion		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1%	USDA	1		1		1		0			
Extras/Condiments											
Whipped But-R-Cups	Land O Lake	1		1		1		0			
								0			

Weekly Serving Requirements (5-Day Week)		Grades K-5	Grades 6-8	Grades 9-12
Fruit/Vegetable		5 cups	5 cups	5 cups
Bread/Grains		7-10 ounces	8-10 ounces	9-10 ounces
Milk*		5 cups	5 cups	5 cups
		Acceptable Milk Choices*		
		1% Unflavored		
		Non-Fat Unflavored		
		Non-Fat Flavored		
		Non-Fat Powdered		

Food Based Production Record - Breakfast Week 1 Day 3

Food Based
Production Record

Breakfast
Week 1
Day 3

Menu		Site:				Number of Meals	
French Toast Sticks		Date:		Grades Served: K-12		Planned	
Applesauce		Unusual Event:				Student Meals	
Milk						Adult Meals	
Syrup		Signature:				A la Carte Meals	
						Total Meals 0 0	

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Applesauce	USDA	2		2		2		0	4.5 oz cup		
								0			
Bread/Grain											
French Toast Sticks	Cargill	3		3		3		0	sticks		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
Syrup PC	PPI/Poco Pa	1		1		1		0			
								0			

Weekly Serving Requirements (5-Day Week)		Grades K-5	Grades 6-8	Grades 9-12
Fruit/Vegetable		5 cups	5 cups	5 cups
Bread/Grains		7-10 ounces	8-10 ounces	9-10 ounces
Milk*		5 cups	5 cups	5 cups
		Acceptable Milk Choices*		
		1% Unflavored		
		Non-Fat Unflavored		
		Non-Fat Flavored		
		Non-Fat Powdered		

**Food Based
Production Record**

**Breakfast
Week 1
Day 4**

Food Based Production Record - Breakfast Week 1 Day 4											
Menu			Site:					Number of Meals			
Oatmeal			Date:		Grades Served: K-12			Planned Served			
Raisins			Unusual Event:					Student Meals			
Orange Juice								Adult Meals			
Milk			Signature:					A la Carte Meals			
								Total Meals 0 0			
PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Raisins	903341	1/4		1/4		1/4		0	cup		
Orange Juice	USDA	1/2		1/2		1/2		0	cup		
Bread/Grain											
Oatmeal	Recipe	3/4		3/4		3/4		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			
Weekly Serving Requirements (5-Day Week)											
Fruit/Vegetable		Grades K-5		Grades 6-8		Grades 9-12					
		5 cups		5 cups		5 cups					
Bread/Grains		7-10 ounces		8-10 ounces		9-10 ounces					
Milk*		5 cups		5 cups		5 cups					
Acceptable Milk Choices*											
1% Unflavored											
Non-Fat Unflavored											
Non-Fat Flavored											
Non-Fat Powdered											

Food Based Production Record - Breakfast											
Menu		Site:				Number of Meals					
Breakfast Burrito		Date:		Grades Served:		K-12		Planned		Served	
Strawberry Cup		Unusual Event:				Student Meals					
Milk						Adult Meals					
		Signature:				A la Carte Meals					
						Total Meals		0		0	
PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Breakfast Burrito	24734	1		1		1		0	1 burrito		
								0			
Fruit/Vegetable											
Strawberry Cup	USDA	2		2		2		0	2 each		
								0			
Bread/Grain											
								0			
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			
Weekly Serving Requirements (5-Day Week)		Grades K-5		Grades 6-8		Grades 9-12					
Fruit/Vegetable		5 cups		5 cups		5 cups					
Bread/Grains		7-10 ounces		8-10 ounces		9-10 ounces					
Milk*		5 cups		5 cups		5 cups					
		Acceptable Milk Choices*									
		1% Unflavored									
		Non-Fat Unflavored									
		Non-Fat Flavored									
		Non-Fat Powdered									

**Food Based
Production Record**

**Breakfast
Week 2
Day 1**

Food Based Production Record - Breakfast Week 2 Day 1

Menu		Site:				Number of Meals	
Honey Nut Cheerios		Date:		Grades Served:		K-12	
Mixed Fruit		Unusual Event:				Student Meals	
Orange Juice						Adult Meals	
Milk		Signature:				A la Carte Meals	
						Total Meals	
						0	
						0	

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Mixed Fruit	USDA	1		1		1		0	cup		
Orange Juice	USDA	1/2		1/2		1/2		0	cup		
Bread/Grain											
Honey Nut Cheerios	Cheerios	1 1/4		1 1/4		1 1/4		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)		Grades K-5	Grades 6-8	Grades 9-12
Fruit/Vegetable		5 cups	5 cups	5 cups
Bread/Grains		7-10 ounces	8-10 ounces	9-10 ounces
Milk*		5 cups	5 cups	5 cups
		Acceptable Milk Choices*		
		1% Unflavored		
		Non-Fat Unflavored		
		Non-Fat Flavored		
		Non-Fat Powdered		

Food Based Production Record - Breakfast Week 2 Day 2									
Menu		Site:						Number of Meals	
Breakfast Pita		Date:		Grades Served:		K-12		Planned	
Strawberry Cup		Unusual Event:						Student Meals	
Milk								Adult Meals	
		Signature:						A la Carte Meals	
								Total Meals	
								0	
								0	

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Breakfast Pita	Recipe	1		1		1		0	1/2 of pita= 1 portion		
								0			
Fruit/Vegetable											
Strawberry Cup	USDA	2		2		2		0	2 each		
								0			
Bread/Grain											
								0			
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)		Grades K-5	Grades 6-8	Grades 9-12
Fruit/Vegetable		5 cups	5 cups	5 cups
Bread/Grains		7-10 ounces	8-10 ounces	9-10 ounces
Milk*		5 cups	5 cups	5 cups
		Acceptable Milk Choices*		
		1% Unflavored		
		Non-Fat Unflavored		
		Non-Fat Flavored		
		Non-Fat Powdered		


**Food Based
Production Record**

**Breakfast
Week 2
Day 2**

Food Based Production Record - Breakfast Week 2 Day 3

Menu	Site:	Number of Meals	
Carrot Muffins (2 oz)	Date:	Grades Served:	K-12
Canned Peaches	Unusual Event:	Student Meals	Planned Served
Milk		Adult Meals	
Butter	Signature:	A la Carte Meals	
		Total Meals	0 0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
								0			
								0			
Fruit/Vegetable											
Canned Peaches	100219	1		1		1		0	cup		
								0			
Bread/Grain											
Carrot Muffins	Recipe	1		1		1		0	2 oz portion		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1%	USDA	1		1		1		0			
Extras/Condiments											
Whipped But-R-Cups	Land O Lake	1		1		1		0			
								0			

Weekly Serving Requirements (5-Day Week)		Grades K-5	Grades 6-8	Grades 9-12
Fruit/Vegetable		5 cups	5 cups	5 cups
Bread/Grains		7-10 ounces	8-10 ounces	9-10 ounces
Milk*		5 cups	5 cups	5 cups
		Acceptable Milk Choices*		
		1% Unflavored		
		Non-Fat Unflavored		
		Non-Fat Flavored		
		Non-Fat Powdered		

Food Based Production Record - Breakfast Week 2 Day 4									
Menu		Site:						Number of Meals	
Whole Grain Baking Powder		Date:		Grades Served:		K-12		Planned	
Canned Pears		Unusual Event:						Student Meals	
Milk								Adult Meals	
Jelly		Signature:						A la Carte Meals	
Butter								Total Meals	
								0	
								0	


**Food Based
Production Record**

**Breakfast
Week 2
Day 4**

PLANNING SECTION										DAY OF SERVICE SECTION			
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I		
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover		
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings						
Meat/Meat Alternate													
								0					
								0					
Fruit/Vegetable													
Canned Pears	USDA	1		1		1		0	cup				
								0					
Bread/Grain													
Whole Grain Biscuit	Recipe B-40	1		1		1		0	2.5 oz portions				
								0					
								0					
2 Milk Choices													
Milk, Choc FF	USDA	1		1		1		0					
Milk, UHT 1 %	USDA	1		1		1		0					
Extras/Condiments													
Jelly	Heinz PC	2		2		2		0	2 each				
Whipped-But-R-Cups	Land O Lakes	2	0	2		2		0	2 each				
Weekly Serving Requirements (5-Day Week)				Grades K-5		Grades 6-8		Grades 9-12					
Fruit/Vegetable				5 cups		5 cups		5 cups					
Bread/Grains				7-10 ounces		8-10 ounces		9-10 ounces					
Milk*				5 cups		5 cups		5 cups					
				Acceptable Milk Choices*									
				1% Unflavored									
				Non-Fat Unflavored									
				Non-Fat Flavored									
				Non-Fat Powdered									

**Breakfast
Week 2
Day 5**

Food Based Production Record - Breakfast Week 2 Day 5												
Menu				Site:				Number of Meals				
Pancake				Date:		Grades Served:		K-12		Planned		Served
Applesauce				Unusual Event:						Student Meals		
Milk										Adult Meals		
Syrup				Signature:						A la Carte Meals		
Butter										Total Meals		0
PLANNING SECTION										DAY OF SERVICE SECTION		
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I	
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover	
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings					
Meat/Meat Alternate												
Fruit/Vegetable												
Applesauce	USDA	2		2		2		0	4.5 oz cup ea			
Bread/Grain												
Pancake	Recipe B130	2		2		2		0	1.25 oz portions			
2 Milk Choices												
Milk, Choc FF	USDA	1		1		1		0				
Milk, UHT 1 %	USDA	1		1		1		0				
Extras/Condiments												
Syrup, PC	PPI/Poco Pac	1		1		1		0	each			
Whipped But-R-Cups	Land O Lakes	2		2		2		0	2 each			
Weekly Serving Requirements (5-Day Week)				Grades K-5		Grades 6-8		Grades 9-12				
Fruit/Vegetable				5 cups		5 cups		5 cups				
Bread/Grains				7-10 ounces		8-10 ounces		9-10 ounces				
Milk*				5 cups		5 cups		5 cups				
				Acceptable Milk Choices*								
				1% Unflavored								
				Non-Fat Unflavored								
				Non-Fat Flavored								
				Non-Fat Powdered								

Food Based Production Record - Lunch Week 1 Day 1

Menu
Tuna Fish Sandwich
Potato Wedges
Canned Peaches
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0



**Food Based
Production Record**

**Lunch
Week 1
Day 1**

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Tuna Fish Sandwich	SR24786	1		1		1		0	1 sandwich		
								0			
Fruit											
Canned Peaches	100219	1/2		1/2		1		0	cup		
								0			
Vegetable											
Starchy	Potato	100356	3/4	3/4		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
(Sandwich bread)	SR24786	2		2		2		0	2 servings Bread/Grain		
								0			
								0			
2 Milk Choices											
Milk Choc, FF	USDA	1	15	1	15	1	25	55			
Milk , UHT 1 %	USDA	1	10	1	10	1	25	45			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ¼ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record

Lunch Week 1 Day 2

Food Based Production Record - Lunch Week 1 Day 2

Menu
Chicken Fajita with Cheddar Cheese
Rocking Red Beans and Salsa
Spanish Brown Rice and Tortilla
Mixed Fruit
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Chicken Fajita Strips	USDA	1 1/2	1 1/2	1 1/2	0	ounce					
Cheddar Cheese	USDA	1/2	1/2	1/2	0	ounce					
Fruit											
Mixed Fruit	USDA	1/2	1/2	1	0	cup					
					0						
Vegetable											
Beans/Peas (Legumes)	Red Beans	SR24782	3/4	3/4	1	0	cup				
Red/Orange	Salsa	SR24765	1/4	1/4	1/4	0	cup				
					0						
					0						
					0						
Bread/Grain											
Spanish Brown Rice	SR24783	1/2	1/2	1/2	0	cup					
Tortilla	Taco Loco	1	1	1	0	1 tortilla					
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2 1/2 cups	2 1/2 cups	5 cups
Vegetables	3 3/4 cups	3 3/4 cups	5 cups
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	1 1/4 cups
Beans/Peas (Legumes)	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	1/2 cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 1/2 cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 1 Day 3

Menu
Beef Stroganoff
Brown Rice
Pizza Green Beans
Strawberry Cup
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Beef Stroganoff	SR24689	2/3		2/3		1		0	cup		
								0			
Fruit											
Strawberry Cup	USDA	1		1		2		0	each		
								0			
Vegetable											
Other	Green Beans	Recipe 124	1	1		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
Brown Rice	SR24689	1/2		1/2		3/4		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based
Production Record

Lunch
Week 1
Day 3

Food Based Production Record

Lunch Week 1 Day 4

Food Based Production Record - Lunch Week 1 Day 4

Menu
Baked Halibut (2.5 oz)
Broccoli
Brown Rice
Canned Pears
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Baked Halibut	Recipe	1		1		1		0	2.5 oz portion		
								0			
Fruit											
Canned Pears	51384	1/2		1/2		1		0	cup		
								0			
Vegetable											
Dark Green	Broccoli	903133	3/4	3/4		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
Brown Rice	903132	1		1		1 1/2		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 1 Day 5

Menu
Spaghetti and Meat Sauce
Mixed Vegetables
Applesauce
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals		


**Food Based
Production Record**

**Lunch
Week 1
Day 5**

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Spaghetti and Meat Sauce	Recipe D-35	1		1		2		0	cup		
								0			
Fruit											
Applesauce	903134	1		1		2		0	each		
								0			
Vegetable											
Other	Mix Veg.	11584	1/2		1/2		3/4	0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
(Spaghetti)	Recipe D-35	1/2		1/2		1		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based
Production Record

Lunch
Week 2
Day 1

Food Based Production Record - Lunch Week 2 Day 1

Menu
Sweet and Sassy Chicken (2 oz)
Broccoli
Brown Rice
Strawberry Cup
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals		

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Sweet and Sassy Chicken	Recipe D-67	1	1	2	0	2.0 oz portions					
					0						
Fruit											
Strawberry Cup	USDA	1	1	2	0	each					
					0						
Vegetable											
Dark Green	Broccoli	903133	3/4	3/4	1	0	cup				
						0					
						0					
						0					
						0					
Bread/Grain											
Brown Rice	USDA	1	1	1 1/2	0	cup					
					0						
					0						
2 Milk Choices											
Milk ,Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 2 Day 2

Menu
Sloppy Joes
Whole Grain Roll
Baked Beans
Canned Peaches
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0



**Food Based
Production Record**

**Lunch
Week 2
Day 2**

PLANNING SECTION											DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G		Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis		Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate												
Sloppy Joe	Recipe F-05	1/3		1/3		1/3		0	cup or 1 #12 scoop			
								0				
Fruit												
Canned Peaches	USDA	1/2		1/2		1		0	cup			
								0				
Vegetable												
Beans/Peas (Legumes)	Baked Beans	SR24796	1/2		1/2		3/4	0	cup			
								0				
								0				
								0				
								0				
Bread/Grain												
Whole Grain Roll	Recipe F-05	1		1		1		0	1 each			
								0				
								0				
2 Milk Choices												
Milk, Choc FF	USDA	1		1		1		0				
Milk, UHT 1 %	USDA	1		1		1		0				
Extras/Condiments												
								0				
								0				

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ¼ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based
Production Record

Lunch
Week 2
Day 3

Food Based Production Record - Lunch Week 2 Day 3

Menu
Sweet and Sour Fish Sticks (2 oz)
Corn
Brown Rice
Canned Pears
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Sweet and Sour Fish Sticks	Recipe	1		1		1		0	2 oz portion		
								0			
Fruit											
Canned Pears	USDA	1/2		1/2		1		0	cup		
								0			
Vegetable											
Starchy	Corn	USDA	3/4	3/4		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
Brown Rice	USDA	1/2		1/2		1		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 2 Day 4

Menu
Mac n' Cheese with Broccoli
Carrots
Mixed Fruit
Milk

Site: _____
Date: _____ Grades Served: K-12
Unusual Event: _____
Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Mac n' Cheese with Broccoli	Recipe	1		1		2		0	1 cup (credits as 1 1/2 c)		
								0			
Fruit											
Mixed Fruit	USDA	1/2		1/2		1		0	cup		
								0			
Vegetable											
Red/Orange	Carrots	24617	3/4		3/4		3/4	0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
(Mac n' Cheese)	24721							0			
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1%	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based
Production Record

Lunch
Week 2
Day 4

Lunch Week 2 Day 5

Site:		
Date:	Grades Served:	K-12
Unusual Event:		
Signature:		

<u>Number of Meals</u>		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

<u>Menu</u>
Whole Grain Cheese Pizza
Pizza Green Beans
Applesauce
Milk

PLANNING SECTION										DAY OF SERVICE SECTION		
Item A		Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item		Recipe # or Product Name	Grades K-5		Grades 6-8		Grades 9-12		Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
			Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate												
(4x6 Cheese Pizza)		Schwan's	1		1		1		0	1 Piece (2 B/G, 2 M/MA)		
									0			
Fruit												
Applesauce		USDA	1		1		2		0	each		
									0			
Vegetable												
Other	Green Beans	Recipe I-28	1		1		1		0	cup		
									0			
									0			
									0			
									0			
Bread/Grain												
Cheese Pizza		Schewan's	1		1		1		0	1 Piece (2 B/G, 2 M/MA)		
									0			
									0			
2 Milk Choices												
Milk, Choc FF		USDA	1		1		1		0			
Milk, UHT 1 %		USDA	1		1		1		0			
Extras/Condiments												
									0			
									0			

30 RURAL ALASKA HEALTHY MEN...

Food Based Production Record - Lunch Week 3 Day 1

Menu
Meatloaf (2 oz)
Crushed Hot Potatoes
Biscuit
Applesauce
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Meatloaf	Recipe	1	1	1	0	2 oz portion					
					0						
Fruit											
Applesauce	USDA	1	1	2	0	each					
					0						
Vegetable											
Starchy	Potatoes	Recipe	2/3	2/3	1	0	2/3 cup (credits as a 1/2 cup)				
					0						
					0						
					0						
					0						
Bread/Grain											
Biscuit	USDA B40	1	1	1	0	2 oz portion					
					0						
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
<i>Dark Green</i>	½ cup	½ cup	½ cup
<i>Red/Orange</i>	¾ cup	¾ cup	1 ¼ cups
<i>Beans/Peas (Legumes)</i>	½ cup	½ cup	½ cup
<i>Starchy</i>	½ cup	½ cup	½ cup
<i>Other</i>	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			


**Food Based
Production Record**

**Lunch
Week 3
Day 1**

Food Based Production Record - Lunch Week 3 Day 2

Menu
Baked Halibut (2.5 oz)
Broccoli
Brown Rice
Canned Pears
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Baked Halibut	Recipe	1		1		1		0	2.5 oz portion		
								0			
Fruit											
Canned Pears	USDA	1/2		1/2		1		0	cup		
								0			
Vegetable											
Dark Green	Broccoli	USDA	3/4	3/4		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
Brown Rice	USDA	1		1		1 1/2		0	cup		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2 1/2 cups	2 1/2 cups	5 cups
Vegetables	3 3/4 cups	3 3/4 cups	5 cups
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	1 1/4 cups
Beans/Peas (Legumes)	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	1/2 cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 1/2 cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 3 Day 3


Menu
Chicken Fajita with Cheddar Cheese
Rocking Red Beans and Salsa
Spanish Brown Rice and Tortilla
Mixed Fruit
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12				Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
		Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings				
Meat/Meat Alternate											
Chicken Fajita Strips	Pilgrim's Pride	1		1		1		0	1 1/2 ounce serving		
Cheddar Cheese	USDA	1/2		1/2		1/2		0	ounce		
Fruit											
Mixed Fruit	USDA	1/2		1/2		1		0	cup		
								0			
Vegetable											
Beans/Peas (Legumes)	Red Beans	Recipe	3/4	3/4		1		0	cup		
Red/Orange	Salsa	SR24765	1/4	1/4		1/4		0	cup		
								0			
								0			
								0			
Bread/Grain											
Spanish Brown Rice	SR24783	1/2		1/2		1/2		0	cup		
Tortilla	Taco Loco	1		1		1		0	1 tortilla		
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			


**Food Based
Production Record**

**Lunch
Week 3
Day 3**

Food Based
Production Record

Lunch
Week 3
Day 4

Food Based Production Record - Lunch Week 3 Day 4

Menu
Barbequed Chicken (2.0 oz)
Sweet Potato Fries
Cornbread
Canned Peaches
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Barbequed Chicken	Recipe D110	1	1	1	0	2 oz portion					
					0						
Fruit											
Canned Peaches	USDA	1/2	1/2	1	0	cup					
					0						
Vegetable											
Red/Orange	Sweet Potato Fries	Simplot	3/4	3/4	1	cup					
					0						
					0						
					0						
					0						
Bread/Grain											
Cornbread	Recipe B90	1	1	2	0	1.0 oz pieces					
					0						
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 3 Day 5

Menu
Spaghetti and Meat Sauce
Mixed Vegetables
Applesauce
Milk

Site: _____
Date: _____ Grades Served: K-12
Unusual Event: _____
Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Spaghetti and Meat Sauce	Recipe D-35	1		1		2		0	cup		
								0			
Fruit											
Applesauce	USDA	1		1		2		0	each		
								0			
Vegetable											
Other	Mix Veg.	1/2		1/2		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
(Spaghetti)	USDA							0			
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk , UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			


**Food Based
Production Record**

**Lunch
Week 3
Day 5**

Food Based
Production Record

Lunch
Week 4
Day 1

Food Based Production Record - Lunch Week 4 Day 1

Menu
Sloppy Joes
Whole Grain Roll
Baked Beans
Canned Peaches
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Sloppy Joe	Recipe F-05	1/3	1/3	1/3	0	cup or 1 #12 scoop					
					0						
Fruit											
Canned Peaches	USDA	1/2	1/2	1	0	cup					
					0						
Vegetable											
Beans/Peas (Legumes)	Baked Beans	Recipe I-06	1/2	1/2	3/4	0	cup				
					0						
					0						
					0						
					0						
Bread/Grain											
Whole Grain Roll	Recipe F-05	1	1	1	0	1 each					
					0						
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch Week 4 Day 2

Menu
Mac n' Cheese with Broccoli
Carrots
Mixed Fruit
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0



Food Based
Production Record

Lunch
Week 4
Day 2

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Mac n' Cheese with Broccoli	Recipe	1		1		2		0	1 cup (credits as 1 1/2 c)		
								0			
Fruit											
Mixed Fruit	USDA	1/2		1/2		1		0	cup		
								0			
Vegetable											
Red/Orange	Carrots	24617	3/4		3/4		3/4	0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
(Mac n' Cheese)	24721							0			
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1%	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

**Food Based
Production Record**

**Lunch
Week 4
Day 3**

Menu
Oven Fried Chicken (2.0 oz)
Biscuit
Broccoli
Strawberry Cup
Milk

Food Based Production Record - Lunch Week 4 Day 3

Site:

Date: _____ Grades Served: K-12

Unusual Event:

Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Portion Size	Planned # of Servings	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover
Meat/Meat Alternate											
Oven Fried Chicken	Recipe D-29	1		1		1		0	2 oz portion		
								0			
Fruit											
Strawberry Cup	USDA	1		1		2		0	each		
								0			
Vegetable											
Dark Green	Broccoli	USDA	3/4	3/4		1		0	cup		
								0			
								0			
								0			
								0			
Bread/Grain											
Biscuit	Recipe B40	1		1		1		0	2 oz portion		
								0			
								0			
2 Milk Choices											
Milk, Choc FF	USDA	1		1		1		0			
Milk, UHT 1 %	USDA	1		1		1		0			
Extras/Condiments											
								0			
								0			

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
<i>Dark Green</i>	½ cup	½ cup	½ cup
<i>Red/Orange</i>	¾ cup	¾ cup	1 ¼ cups
<i>Beans/Peas (Legumes)</i>	½ cup	½ cup	½ cup
<i>Starchy</i>	½ cup	½ cup	½ cup
<i>Other</i>	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ¼ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record - Lunch

Menu
Sweet and Sour Fish Sticks (2 oz)
Corn
Brown Rice
Canned Pears
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
Sweet and Sour Fish Sticks	Recipe	1	1	1	0	2 oz portion					
					0						
Fruit											
Canned Pears	USDA	1/2	1/2	1	0	cup					
					0						
Vegetable											
Starchy	Corn	USDA	3/4	3/4	1	cup					
					0						
					0						
					0						
					0						
Bread/Grain											
Brown Rice	USDA	1/2	1/2	1	0	cup					
					0						
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Food Based Production Record

Lunch Week 4 Day 4

Food Based
Production Record

Lunch
Week 4
Day 5

Food Based Production Record - Lunch Week 4 Day 5

Menu
Whole Grain Cheese Pizza
Pizza Green Beans
Applesauce
Milk

Site: _____
 Date: _____ Grades Served: K-12
 Unusual Event: _____
 Signature: _____

Number of Meals		
	Planned	Served
Student Meals		
Adult Meals		
A la Carte Meals		
Total Meals	0	0

PLANNING SECTION										DAY OF SERVICE SECTION	
Item A	Item B	Item C		Item D		Item E		Item F	Item G	Item H	Item I
Menu Item	Recipe # or Product Name	Grades K-5	Grades 6-8	Grades 9-12	Total Units Planned	Purchase Unit Food Buying Guide or Manufacturers Analysis	Total Units Prepared	# of Portions Leftover			
Meat/Meat Alternate											
(4x6 Cheese Pizza)	Schwan's	1	1	1	0	1 Piece (2 B/G, 2 M/MA)					
					0						
Fruit											
Applesauce	USDA	1	1	2	0	each					
					0						
Vegetable											
Other Green Beans	Recipe I-28	1	1	1	0	cup					
					0						
					0						
					0						
Bread/Grain											
Cheese Pizza	Schwan's	1	1	1	0	1 Piece (2 B/G, 2 M/MA)					
					0						
					0						
2 Milk Choices											
Milk, Choc FF	USDA	1	1	1	0						
Milk, UHT 1 %	USDA	1	1	1	0						
Extras/Condiments											
					0						
					0						

Weekly Serving Requirements (5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2½ cups	2½ cups	5 cups
Vegetables	3 ¾ cups	3 ¾ cups	5 cups
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cups
Grains	8-9 ounces	8-10 ounces	10-12 ounces
Meat/Meat Alternates	8-10 ounces	9-10 ounces	10-12 ounces
Milk*	5 cups	5 cups	5 cups
Acceptable Milk Choices*			
1% Unflavored			
Non-Fat Unflavored			
Non-Fat Flavored			
Non-Fat Powdered			

Nutrient Analysis

Weekly Food Component

Breakfast FC Week 1: K-12

Menu Cycle Name: Rural Alaska Menu Project- Breakfast, Week 1
Site Group: All Grades
Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Breakfast

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	1.000 (Pass)	1.125 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.125	≥ 5.000	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		5.125		0.500		9.756%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	0.000	0.000	0.000	0.000	0.125	0.125	≥ 0.00	Pass
Dark Green	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass
Red/Orange	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass
Beans/Peas (Legumes)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass
Starchy	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass
Other	0.000	0.000	0.000	0.000	0.125	0.125	≥ 0.00	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
0.125		≥ 0.00 %		0.125		0.000		0.00%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	2.000 (Pass)	1.000 (Pass)	2.500 (Pass) (a)	1.500 (Pass)	3.000 (Pass) (a)	10.000 (a)	[9.000 - 10.000]	Pass (a)
Actual Grains	2.000	1.000	1.500	1.500	1.000			
M/MA acting as Grains	0.000	0.000	1.000	0.000	2.000			
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		7.000		7.000		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

(a) Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.)

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Breakfast Week 1
 Site Group: All Grades
 Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	441.00	403.30	507.00	435.97	518.20	[450.00 - 500.00]	461.09	
Fat (g)	9.51 (19.41%)	9.41 (21.00%)	5.45 (9.67%)	2.98 (6.14%)	8.14 (14.14%)		7.10	13.85%
Sfat (g)	4.75 (9.69%)	3.91 (8.72%)	1.77 (3.14%)	1.07 (2.20%)	3.51 (6.10%)	< 10.00 % of Calories	3.00	5.86%
Na (mg)	452.00	360.56	454.00	157.60	678.39	< 540.00	420.51	
Carb (g)	77.98 (70.73%)	72.10 (71.51%)	102.00 (80.47%)	88.04 (80.77%)	89.57 (69.14%)		85.94	74.55%
Pro (g)	16.50 (14.97%)	12.00 (11.90%)	15.90 (12.54%)	14.37 (13.19%)	21.85 (16.87%)		16.13	13.99%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

Breakfast FC Week 2: K-12

Menu Cycle Name: Rural Alaska Menu Project- Breakfast, Week 2
Site Group: All Grades
Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Breakfast

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fruits (cups)	1.500 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.500	≥ 5.000	Pass		
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check		
≤ 50.000 % of		5.500		0.500		9.091%		Pass		
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Vegetables (cups)	0.000	0.000	0.125	0.000	0.000	0.125	≥ 0.00	Pass		
Dark Green	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Red/Orange	0.000	0.000	0.125	0.000	0.000	0.125	≥ 0.00	Pass		
Beans/Peas (Legumes)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Starchy	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Other	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice	Weekly Check	
0.125		≥ 0.00 %		0.125		0.000		0.00%	Pass	
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Meat/Meat Alternates (oz eq.)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Grains (oz eq.)	1.250 (Pass)	3.000 (Pass) (a)	2.000 (Pass)	2.500 (Pass)	2.500 (Pass) (a)	11.250 (ab)	[9.000 - 10.000]	Exceeded (ab)		
Actual Grains	1.250	1.000	2.000	2.500	2.000					
M/MA acting as Grains	0.000	2.000	0.000	0.000	0.500					
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check	Grain Based Dessert Total for All Weekly Meals	No More Than 2oz eq. of Grain Based Desserts
≥ 100.000 % of		8.750		8.750		100.000%		Pass	0.000	Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass					
Low-fat (1% or less), flavored										
Reduced fat (2% fat) or whole, unflavored and flavored										

(a) Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met).

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Breakfast Week 2
 Site Group: All Grades
 Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	440.22	489.57	412.94	416.71	558.10	[450.00 - 500.00]	463.51	
Fat (g)	3.22 (6.58%)	8.41 (15.45%)	9.77 (21.30%)	12.77 (27.59%)	18.46 (29.78%)		10.53	20.44%
Sfat (g)	0.76 (1.55%)	3.77 (6.93%)	3.88 (8.45%)	7.42 (16.03%)	6.90 (11.12%)	< 10.00 % of Calories	4.55	8.83%
Na (mg)	368.50	475.52	461.89	478.82	611.04	< 540.00	479.15	
Carb (g)	95.25 (86.55%)	82.47 (67.38%)	73.09 (70.80%)	89.01 (85.44%)	110.15 (78.95%)		89.99	77.66%
Pro (g)	11.88 (10.80%)	22.79 (18.62%)	12.29 (11.91%)	18.57 (17.82%)	16.86 (12.09%)		16.48	14.22%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 1
Site Group: All Grades
Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	2.500	≥ 2.500	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		2.500		0.000		0.000%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	0.875 (Pass)	1.125 (Pass)	1.000 (Pass)	0.750 (Pass)	0.875 (Pass)	4.625	≥ 3.750	Pass
Dark Green	0.000	0.000	0.000	0.750	0.000	0.750	≥ 0.500	Pass
Red/Orange	0.000	0.375	0.250	0.000	0.375	1.000	≥ 0.750	Pass
Beans/Peas (Legumes)	0.000	0.750	0.000	0.000	0.000	0.750	≥ 0.500	Pass
Starchy	0.750	0.000	0.000	0.000	0.000	0.750	≥ 0.500	Pass
Other	0.125	0.000	0.750	0.000	0.500	1.375	≥ 0.500	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
1.875		≤ 50.000 % of		4.625		0.000		0.000%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.000 (Pass)	1.250 (Pass)	2.000 (Pass)	2.000 (Pass)	9.250	[9.000 - 10.000]	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	1.250 (Pass)	2.000 (Pass)	1.000 (Pass)	8.250	[8.000 - 9.000]	Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass
								0.000
								Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.250		8.250		100.000%		Pass

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	593.88	734.62	604.03	553.92	550.78	[600.00 - 650.00]	607.45(M)	
Fat (g)	7.69 (11.66%)	15.47 (18.96%)	8.55 (12.74%)	16.58 (26.94%)	12.36 (20.20%)		12.13(M)	17.97%
Sfat (g)	2.35 (3.56%)	5.94 (7.28%)	2.47 (3.69%)	9.13 (14.83%)	5.76 (9.42%)	< 10.00 % of Calories	5.13(M)	7.60%
Na (mg)	253.76	956.82	612.42	609.81	1202.94	< 1,230.00	727.15(M)	
Carb (g)	97.13 (65.42%)	104.47 (56.88%)	104.47 (69.18%)	69.05 (49.86%)	83.49 (60.64%)		91.72(M)	60.40%
Pro (g)	35.74 (24.07%)	46.77 (25.46%)	32.74 (21.68%)	33.70 (24.34%)	27.91 (20.27%)		35.37(M)	23.29%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

 Lunch FC Week 1: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 1
Site Group: All Grades
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fruits (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check		
≤ 50.000 % of		5.000		0.000		0.000%		Pass		
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Vegetables (cups)	1.125 (Pass)	1.375 (Pass)	1.000 (Pass)	1.000 (Pass)	1.250 (Pass)	5.750	≥ 5.000	Pass		
Dark Green	0.000	0.000	0.000	1.000	0.000	1.000	≥ 0.500	Pass		
Red/Orange	0.000	0.375	0.250	0.000	0.750	1.375	≥ 1.250	Pass		
Beans/Peas (Legumes)	0.000	1.000	0.000	0.000	0.000	1.000	≥ 0.500	Pass		
Starchy	1.000	0.000	0.000	0.000	0.000	1.000	≥ 0.500	Pass		
Other	0.125	0.000	0.750	0.000	0.500	1.375	≥ 0.750	Pass		
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice	Weekly Check	
2.250		≤ 50.000 % of		5.750		0.000		0.000%	Pass	
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	4.000 (Pass)	12.000	[10.000 - 12.000]	Pass		
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	3.000 (Pass)	2.000 (Pass)	11.000	[10.000 - 12.000]	Pass		
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check	Grain Based Dessert Total for All Weekly Meals	No More Than 2oz eq. of Grain Based Desserts
≥ 100.000 % of		11.000		11.000		100.000%		Pass	0.000	Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass					
Low-fat (1% or less), flavored										
Reduced fat (2% fat) or whole, unflavored and flavored										

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 1
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	728.31	611.69	618.63	560.77	597.26	[600.00 - 650.00]	623.33(M)	
Fat (g)	14.28 (17.65%)	8.38 (12.33%)	15.10 (21.96%)	6.37 (10.22%)	13.60 (20.49%)		11.54(M)	16.67%
Sfat (g)	2.63 (3.25%)	2.50 (3.68%)	6.29 (9.15%)	1.88 (3.01%)	5.32 (8.01%)	< 10.00 % of Calories	3.72(M)	5.38%
Na (mg)	786.04	1278.21	902.92	343.18	519.46	< 1,230.00	765.96(M)	
Carb (g)	108.96 (59.84%)	103.53 (67.70%)	93.62 (60.53%)	89.30 (63.70%)	75.08 (50.28%)		94.10(M)	60.38%
Pro (g)	40.40 (22.19%)	33.94 (22.19%)	26.94 (17.42%)	39.87 (28.44%)	38.98 (26.11%)		36.02(M)	23.12%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 2
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	2.500	≥ 2.500	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		2.500		0.000		0.000%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	0.750 (Pass)	0.750 (Pass)	0.750 (Pass)	0.875 (Pass)	1.125 (Pass)	4.250	≥ 3.750	Pass
Dark Green	0.750	0.000	0.000	0.125	0.000	0.875	≥ 0.500	Pass
Red/Orange	0.000	0.250	0.000	0.750	0.375	1.375	≥ 0.750	Pass
Beans/Peas (Legumes)	0.000	0.500	0.000	0.000	0.000	0.500	≥ 0.500	Pass
Starchy	0.000	0.000	0.750	0.000	0.000	0.750	≥ 0.500	Pass
Other	0.000	0.000	0.000	0.000	0.750	0.750	≥ 0.500	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
1.500		≤ 50.000 % of		4.250		0.000		0.000%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.000 (Pass)	1.500 (Pass)	2.250 (Pass)	2.000 (Pass)	9.750	[9.000 - 10.000]	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	1.000 (Pass)	1.500 (Pass)	2.000 (Pass)	8.500	[8.000 - 9.000]	Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.500		8.500		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2
Site Group: All Grades
Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	593.88	734.62	604.03	553.92	550.78	[600.00 - 650.00]	607.45(M)	
Fat (g)	7.69 (11.66%)	15.47 (18.96%)	8.55 (12.74%)	16.58 (26.94%)	12.36 (20.20%)		12.13(M)	17.97%
Sfat (g)	2.35 (3.56%)	5.94 (7.28%)	2.47 (3.69%)	9.13 (14.83%)	5.76 (9.42%)	< 10.00 % of Calories	5.13(M)	7.60%
Na (mg)	253.76	956.82	612.42	609.81	1202.94	< 1,230.00	727.15(M)	
Carb (g)	97.13 (65.42%)	104.47 (56.88%)	104.47 (69.18%)	69.05 (49.86%)	83.49 (60.64%)		91.72(M)	60.40%
Pro (g)	35.74 (24.07%)	46.77 (25.46%)	32.74 (21.68%)	33.70 (24.34%)	27.91 (20.27%)		35.37(M)	23.29%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

 Lunch FC Week 2: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 2

Site Group: All Grades

Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		5.000		0.000		0.000%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.125 (Pass)	5.125	≥ 5.000	Pass
Dark Green	1.000	0.000	0.000	0.250	0.000	1.250	≥ 0.500	Pass
Red/Orange	0.000	0.250	0.000	0.750	0.375	1.375	≥ 1.250	Pass
Beans/Peas (Legumes)	0.000	0.750	0.000	0.000	0.000	0.750	≥ 0.500	Pass
Starchy	0.000	0.000	1.000	0.000	0.000	1.000	≥ 0.500	Pass
Other	0.000	0.000	0.000	0.000	0.750	0.750	≥ 0.750	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
1.625		≤ 50.000 % of		5.125		0.000		0.000%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	3.000 (Pass)	2.000 (Pass)	2.000 (Pass)	3.000 (Pass)	2.000 (Pass)	12.000	[10.000 - 12.000]	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	3.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	11.000	[10.000 - 12.000]	Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		11.000		11.000		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2
 Site Group: All Grades
 Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	866.82	891.91	874.37	728.95	601.78	[750.00 - 850.00]	792.77(M)	
Fat (g)	10.89 (11.31%)	15.95 (16.09%)	11.66 (12.00%)	21.66 (26.74%)	12.46 (18.63%)		14.52(M)	16.49%
Sfat (g)	3.15 (3.27%)	6.03 (6.08%)	3.17 (3.26%)	11.91 (14.71%)	5.77 (8.63%)	< 10.00 % of Calories	6.01(M)	6.82%
Na (mg)	302.64	1211.29	772.90	753.72	1204.94	< 1,420.00	849.10(M)	
Carb (g)	145.46 (67.12%)	138.80 (62.25%)	157.63 (72.11%)	94.87 (52.06%)	97.49 (64.80%)		126.85(M)	64.00%
Pro (g)	49.14 (22.68%)	52.96 (23.75%)	42.75 (19.56%)	41.96 (23.02%)	28.11 (18.68%)		42.98(M)	21.69%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 3
Site Group: All Grades
Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	2.500	≥ 2.500	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		2.500		0.000		0.000%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	1.000 (Pass)	0.750 (Pass)	1.125 (Pass)	0.750 (Pass)	0.875 (Pass)	4.500	≥ 3.750	Pass
Dark Green	0.000	0.750	0.000	0.000	0.000	0.750	≥ 0.500	Pass
Red/Orange	0.000	0.000	0.375	0.750	0.375	1.500	≥ 0.750	Pass
Beans/Peas (Legumes)	0.000	0.000	0.750	0.000	0.000	0.750	≥ 0.500	Pass
Starchy	0.500	0.000	0.000	0.000	0.000	0.500	≥ 0.500	Pass
Other	0.500	0.000	0.000	0.000	0.500	1.000	≥ 0.500	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
1.750		≤ 50.000 % of		4.500		0.000		0.000%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	10.000	[9.000 - 10.000]	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	1.000 (Pass)	1.000 (Pass)	8.000	[8.000 - 9.000]	Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		8.000		8.000		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 3
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	704.49	560.77	611.69	749.61	597.26	[600.00 - 650.00]	644.76	
Fat (g)	19.31 (24.67%)	6.37 (10.22%)	8.38 (12.33%)	26.38 (31.67%)	13.60 (20.49%)		14.81	20.67%
Sfat (g)	6.78 (8.66%)	1.88 (3.01%)	2.50 (3.68%)	6.62 (7.95%)	5.32 (8.01%)	< 10.00 % of Calories	4.62	6.45%
Na (mg)	1327.73	343.18	1278.21	709.97	519.46	< 1,230.00	835.71	
Carb (g)	119.56 (67.89%)	89.30 (63.70%)	103.53 (67.70%)	74.73 (39.87%)	75.08 (50.28%)		92.44	57.35%
Pro (g)	38.49 (21.85%)	39.87 (28.44%)	33.94 (22.19%)	57.63 (30.75%)	38.98 (26.11%)		41.78	25.92%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

 Lunch FC Week 3: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 3
Site Group: All Grades
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fruits (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check
≤ 50.000 % of		5.000		0.000		0.000%		Pass
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Vegetables (cups)	1.000 (Pass)	1.000 (Pass)	1.375 (Pass)	1.000 (Pass)	1.250 (Pass)	5.625	≥ 5.000	Pass
Dark Green	0.000	1.000	0.000	0.000	0.000	1.000	≥ 0.500	Pass
Red/Orange	0.000	0.000	0.375	1.000	0.750	2.125	≥ 1.250	Pass
Beans/Peas (Legumes)	0.000	0.000	1.000	0.000	0.000	1.000	≥ 0.500	Pass
Starchy	0.500	0.000	0.000	0.000	0.000	0.500	≥ 0.500	Pass
Other	0.500	0.000	0.000	0.000	0.500	1.000	≥ 0.750	Pass
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice
2.125		≤ 50.000 % of		5.625		0.000		0.000%
								Pass
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	4.000 (Pass)	12.000	[10.000 - 12.000]	Pass
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Grains (oz eq.)	2.000 (Pass)	3.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	11.000	[10.000 - 12.000]	Pass
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check
≥ 100.000 % of		11.000		11.000		100.000%		Pass
								0.000
								Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 3
 Site Group: All Grades
 Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	755.49	739.77	704.57	924.87	1010.37	[750.00 - 850.00]	827.01	
Fat (g)	19.41 (23.12%)	7.42 (9.03%)	8.52 (10.88%)	32.01 (31.15%)	25.81 (22.99%)		18.63	20.28%
Sfat (g)	6.79 (8.09%)	2.06 (2.50%)	2.52 (3.22%)	7.47 (7.27%)	9.85 (8.78%)	< 10.00 % of Calories	5.74	6.24%
Na (mg)	1329.73	361.17	1375.37	965.70	862.07	< 1,420.00	978.81	
Carb (g)	133.56 (70.72%)	129.27 (69.90%)	126.53 (71.84%)	109.43 (47.33%)	118.25 (46.82%)		123.41	59.69%
Pro (g)	38.69 (20.48%)	44.20 (23.90%)	36.00 (20.44%)	61.61 (26.65%)	66.86 (26.47%)		49.47	23.93%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 4
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fruits (cups)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	0.500 (Pass)	2.500	≥ 2.500	Pass		
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check		
≤ 50.000 % of		2.500		0.000		0.000%		Pass		
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Vegetables (cups)	0.750 (Pass)	0.875 (Pass)	0.750 (Pass)	0.750 (Pass)	1.125 (Pass)	4.250	≥ 3.750	Pass		
Dark Green	0.000	0.125	0.750	0.000	0.000	0.875	≥ 0.500	Pass		
Red/Orange	0.250	0.750	0.000	0.000	0.375	1.375	≥ 0.750	Pass		
Beans/Peas (Legumes)	0.500	0.000	0.000	0.000	0.000	0.500	≥ 0.500	Pass		
Starchy	0.000	0.000	0.000	0.750	0.000	0.750	≥ 0.500	Pass		
Other	0.000	0.000	0.000	0.000	0.750	0.750	≥ 0.500	Pass		
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice	Weekly Check	
1.500		≤ 50.000 % of		4.250		0.000		0.000%	Pass	
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	2.250 (Pass)	2.000 (Pass)	1.500 (Pass)	2.000 (Pass)	9.750	[9.000 - 10.000]	Pass		
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Grains (oz eq.)	2.000 (Pass)	1.500 (Pass)	2.000 (Pass)	1.000 (Pass)	2.000 (Pass)	8.500	[8.000 - 9.000]	Pass		
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check	Grain Based Dessert Total for All Weekly Meals	No More Than 2oz eq. of Grain Based Desserts
≥ 100.000 % of		8.500		8.500		100.000%		Pass	0.000	Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass					
Low-fat (1% or less), flavored										
Reduced fat (2% fat) or whole, unflavored and flavored										

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 4
 Site Group: All Grades
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	734.62	553.92	767.23	604.03	550.78	[600.00 - 650.00]	642.12(M)	
Fat (g)	15.47 (18.96%)	16.58 (26.94%)	25.37 (29.77%)	8.55 (12.74%)	12.36 (20.20%)		15.67(M)	21.96%
Sfat (g)	5.94 (7.28%)	9.13 (14.83%)	7.23 (8.48%)	2.47 (3.69%)	5.76 (9.42%)	< 10.00 % of Calories	6.11(M)	8.56%
Na (mg)	956.82	609.81	595.03	612.42	1202.94	< 1,230.00	795.40(M)	
Carb (g)	104.47 (56.88%)	69.05 (49.86%)	89.13 (46.47%)	104.47 (69.18%)	83.49 (60.64%)		90.12(M)	56.14%
Pro (g)	46.77 (25.46%)	33.70 (24.34%)	68.72 (35.83%)	32.74 (21.68%)	27.91 (20.27%)		41.97(M)	26.14%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Weekly Food Component

 Lunch FC Week 4: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 4
Site Group: All Grades
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Meal Type: Lunch

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fruits (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Weekly Fruit Juice Limit Requirement		Total Weekly Fruit		Total Weekly Fruit Juice		% of Total Weekly Fruit that is Juice		Weekly Check		
≤ 50.000 % of		5.000		0.000		0.000%		Pass		
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Vegetables (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.125 (Pass)	5.125	≥ 5.000	Pass		
Dark Green	0.000	0.250	1.000	0.000	0.000	1.250	≥ 0.500	Pass		
Red/Orange	0.250	0.750	0.000	0.000	0.375	1.375	≥ 1.250	Pass		
Beans/Peas (Legumes)	0.750	0.000	0.000	0.000	0.000	0.750	≥ 0.500	Pass		
Starchy	0.000	0.000	0.000	1.000	0.000	1.000	≥ 0.500	Pass		
Other	0.000	0.000	0.000	0.000	0.750	0.750	≥ 0.750	Pass		
Additional Vegetables		Weekly Vegetable Juice Limit Requirement		Total Weekly Vegetables		Total Weekly Vegetable Juice		% of Total Weekly Vegetables that is Juice	Weekly Check	
1.625		≤ 50.000 % of		5.125		0.000		0.000%	Pass	
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Meat/Meat Alternates (oz eq.)	2.000 (Pass)	3.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	11.000	[10.000 - 12.000]	Pass		
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	2.000 (Pass)	10.000	[10.000 - 12.000]	Pass		
Weekly Whole Grain Rich		Weekly Grains Total		Weekly Whole Grain Rich Total		% of Whole Grain Rich		Whole Grain Rich Check	Grain Based Dessert Total for All Weekly Meals	No More Than 2oz eq. of Grain Based Desserts
≥ 100.000 % of		10.000		10.000		100.000%		Pass	0.000	Pass
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fluid Milk (cups)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	1.000 (Pass)	5.000	≥ 5.000	Pass		
Skim/fat-free, unflavored; Skim/fat-free, flavored; Low-fat (1% or less), unflavored	Pass	Pass	Pass	Pass	Pass					
Low-fat (1% or less), flavored										
Reduced fat (2% fat) or whole, unflavored and flavored										

Weekly Nutrient Summary

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 4
Site Group: All Grades
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
FE (Kcal)	891.91	728.95	870.23	874.37	601.78	[750.00 - 850.00]	793.45(M)	
Fat (g)	15.95 (16.09%)	21.66 (26.74%)	25.42 (26.29%)	11.66 (12.00%)	12.46 (18.63%)		17.43(M)	19.77%
Sfat (g)	6.03 (6.08%)	11.91 (14.71%)	7.23 (7.47%)	3.17 (3.26%)	5.77 (8.63%)	< 10.00 % of Calories	6.82(M)	7.74%
Na (mg)	1211.29	753.72	606.03	772.90	1204.94	< 1,420.00	909.78(M)	
Carb (g)	138.80 (62.25%)	94.87 (52.06%)	113.59 (52.21%)	157.63 (72.11%)	97.49 (64.80%)		120.48(M)	60.74%
Pro (g)	52.96 (23.75%)	41.96 (23.02%)	71.14 (32.70%)	42.75 (19.56%)	28.11 (18.68%)		47.38(M)	23.89%

Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Appendix: Alternative Menu Item Ideas

Breakfast

Yogurt Parfait with blueberries and granola

- Meal Components: 1 ME/MA, 1.25 WGR, ½ Fruit, 299 kcal, 1.40 g sat fat, 151 mg NA
- Substitute For: Blueberry Oat Muffins

Breakfast Brown Rice

- Meal Components: 1 WGR, 140 kcal , 0.5 g sat fat, 23 mg NA
- Substitute dor: Oatmeal

Whole Grain Breakfast Wrap with Cheese: Processed Food Product

- Meal Components: 2 ME/MA, 1 WGR, 180 kcal, 4 g sat fat, 400 mg NA
- Substitute dor: Breakfast Burrito or Breakfast Pita

Lunch

BBQ Rib Patty Sandwich: Processed Food Product

- Meal Components: 2 ME/MA, 130 kcal, 3 g sat fat, 380 mg NA
- Substitute dor: Tuna Fish Sandwich

Breaded Pollock: Processed Food Product

- Meal Components: 1.5 ME/MA, 1 WGR, 170 kcal, 0.5 g sat fat, 180 mg NA
- Substitute for: Baked Halibut

Chicken Tangerine: Processed Food Product

- Meal Components: 2 ME/MA, 0.5 WGR, 190 kcal, 1 g sat fat, 380 mg NA
- Substitute for: Sweet and Sassy Chicken

Baja Fish Sticks: Processed Food Product

- Meal Components: 2 ME/MA, 1 WGR, 230 kcal, 1.5 g sat fat, 470 mg NA
- Substitute for: Sweet and Sour Fish Sticks

Mac & Cheese: Processed Food Product

- Meal Components: 2 ME/MA, 1 WGR, 300 kcal, 8 g sat fat, 758 mg NA
- Substitute fFor: Mac n' Cheese with Broccoli

Popcorn Chicken Smackers: Processed Food Product

- Meal Components: 2 ME/MA, 1 WGR, 293 kcal, 3 g sat fat, 599 Na
- Substitute for: Barbequed Chicken

Appendix: Recipes

Breakfast

1. Blueberry Oat Muffins: On Wisconsin! Breakfast Recipes
2. Breakfast Brown Rice: Think Rice
3. Breakfast Burrito: Make It Local Cookbook
4. Breakfast Pita: Healthier Kansas
5. Carrot Muffins: Make It Local Cookbook
6. Oatmeal: Project Bread
7. Pancakes: What's Cooking USDA
8. Whole Grain Baking Powder Biscuit: What's Cooking USDA
9. Yogurt Parfait with blueberries and granola: On Wisconsin! Breakfast Recipes

Lunch

1. Baked Beans: Institute of Child Nutrition
2. Baked Halibut: Make It Local Cookbook
3. Barbecued Chicken: What's Cooking USDA
4. Beef Stroganoff with Brown Rice or Noodles: Make It Local Cookbook
5. Biscuit (See Whole Grain Baking Powder Biscuit in Breakfast)
6. Brown Rice: What's Cooking USDA
7. Crushed Hot Potatoes: Make It Local Cookbook
8. Mac n' Cheese with Broccoli: Make It Local Cookbook
9. Meatloaf: Make It Local Cookbook
10. Pizza Green Beans: What's Cooking USDA
11. Oven Fried Chicken: What's Cooking USDA
12. Rocking Red Beans: What's Cooking USDA
13. Canned Salsa: On Primero
14. Sloppy Joes on a Whole Grain Bun: Institute of Child Nutrition
*must serve with whole grain bun, not enriched
15. Spaghetti and Meat Sauce: What's Cooking USDA
16. Spanish Brown Rice: Think Rice
17. Sweet and Sassy Chicken: What's Cooking USDA
18. Sweet and Sour Fish Sticks: Make It Local Cookbook
19. Tuna Fish Sandwich: What's Cooking USDA

Resources

Institute of Child Nutrition: <http://www.nfsmi.org/documentlibraryfiles/PDF/20080215091404.pdf>

Make It Local Alaska Cookbook: https://education.alaska.gov/TLS/CNP/cookbook/Make_It_Local_2ndPrinting.pdf

On Wisconsin!: <http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/cycle-menu/on-wisconsin-cycle-menu-resources#rec>

Project Bread: <http://www.projectbread.org/>

Scoop Sizes: <http://www.chefs-resources.com/culinary-conversions-calculators-and-capacities/scoop-disher-sizes/>

Smart Food Planner: <https://foodplanner.healthiergeneration.org/>

Think Rice: <http://www.thinkrice.com/in-foodservice/for-schools/k-12-recipe-ideas/>

What's Cooking USDA: <http://www.whatscooking.fns.usda.gov/>



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov

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